ABSTRACT OF THE DISCLOSURE

A liquid crystal optical apparatus includes a pair of substrates; a liquid crystal layer provided between the pair of substrates and formed of a liquid crystal material in which an aligning direction of liquid crystal molecules changes in accordance with a voltage applied thereto; a plurality of first electrodes provided on one of the pair of substrates; and at least one second electrode provided on the other of the pair of substrates. A frame period for applying a signal to the liquid crystal layer includes a first period in which a voltage is applied to the at least one second electrode, and a write signal for writing information to the liquid crystal layer is applied to one of the plurality of first electrodes, and a second period in which a voltage is applied to the at least one second electrode, and a reset signal for deleting the information written in the liquid crystal layer in the first period is applied to the one of the plurality of first electrodes.